



















26-36 Grams Fat
38-50 Grams Carbos

18-26 Grams Fat
56-69 Grams Carbos







D-25-5

GUIDE TO GOOD EATING

Hot Griddle Cakes
FOOD ITEM

2 piece
SERVING SIZE

CALORIES	
212	
FAT	SODIUM
m	m

Nutrition Information



DAIRY _____ MEAT _____ GRAIN _____ FRUIT VEG _____ OTHER _____





Nutrition Facts

Potato Chips

Serving Size 1 oz.

Amount Per Serving

Calories 150

Calories from Fat 90

% Daily Value *

Total Fat 10 gm	15 %
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Saturated Fat 3 gm	15 %
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Cholesterol 0 gm	0 %
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Sodium 133 mg	6 %
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Total Carbohydrate 15 gm	5 %
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Dietary Fiber 0 gm	0 %
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Sugars 0 gm

Protein 2 gm

Vitamin A 0% • Vitamin C <2%

Calcium <2% • Iron <2%

• Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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